



Website, continued from page 1:

In the coming months, we hope to add a forum section where anyone in our community can post messages, list things for sale, offer babysitting services, etc. We hope it will be a way for all of us to become even more of a community.



In the meantime, we encourage you to visit the site and leave your comments and thoughts. If you have any ideas for a news item to go on the site please feel free to email me at [mitchellr3@gmail.com](mailto:mitchellr3@gmail.com). We hope that our new website will be yet another reason why Glenoaks Canyon is such a special place to live.

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# Your PRESIDENTS MESSAGE

Happy New Year, Everyone! Although 2008 was a difficult year for many of us, you could not tell it by driving in the canyon during the holidays! This year more than most I appreciate the time many of you took to make your homes look so cheerful and festive. Thank you!

More ominously, some of us were shocked when police officers came to our doors around 9:00 PM on Saturday, December 27th and asked us to evacuate because Bruce Jeffry Pardo's second rental car was parked on Glenoaks Blvd. In fact the car in question was parked right next door to me!! My sister, her family and I spent six unsettling hours away from my home waiting for an all clear phone call from the Glendale Police. I would like to thank the vigilant neighbors who reported the suspicious car and also the Glendale Police Department for their swift action in securing the neighborhood until it could be determined that the car had no explosive devices within it.

We live in this canyon feeling secure and serene but, as this experience shows us, none of us are immune to the dangers of social/domestic violence. Fortunately, for us in Glenoaks Canyon, we were able to return to our homes at 3:00AM; however, our hearts and prayers go out to the family in West Covina where the Christmas Day tragedy occurred.

Now on to GOCHA matters: those of us on the Board so appreciate the support many of you have shown GOCHA by contributing your dues each year. Now is the time, once again, to show your support for 2009 by sending in your dues. Our fiscal year has changed - as you will note by the lead article on page 1 of this issue. Also, GOCHA's website has improved tremendously. Please visit our website at [www.glenoakscanyon.org](http://www.glenoakscanyon.org) and also read the article in this issue for more information about it.

Finally, checkout the calendar on the back page for upcoming dates of upcoming events. Hope to see you at them.

*Joan Morris, President*  
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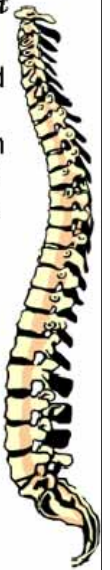
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## Canyon CALENDAR

**GLENDALE'S ANNUAL CLEAN UP DAY  
MAY 16, 2009**

**GOCHA PARTICIPATES - JOIN US**

**GOCHA'S ANNUAL DOG PARADE  
THE BOW WOW POW WOW  
MAY 30, 2009 (tentative)  
Glenoaks Park**

**2009 ANNUAL MEMBERSHIP MEETING  
WEDNESDAY, SEPTEMBER 16, 2009  
Joe Bridges Clubhouse, Glenoaks Park**

**2009 ANNUAL PANCAKE BREAKFAST  
SATURDAY, SEPTEMBER 19, 2009  
Joe Bridges Clubhouse, Glenoaks Park**

**2009 HALLOWEEN BLOCK PARTY  
SATURDAY, OCTOBER 31, 2009  
2300-2400 Blocks of Hollister Terrace**

***DON'T MISS THESE IMPORTANT EVENTS!***

## COME!!..

To the BOW WOW POW WOW  
Saturday May 30, 2009  
Glenoaks Park  
9:30 to noon

## WALK!!..

In the dog parade  
All dogs welcome.  
Costumes are encouraged.  
Parade begins at 9:45 AM.  
The parade route will be very short,  
starting and ending at the clubhouse.

## SIT!!

Relax and enjoy the show.  
There will be contests and competitions.  
Costume contest starts at 10:15.  
Trick contest begins at 10:30  
Obstacle Course at 10:45  
Plus awards presentation for all fuzzy faces winners  
and special outstanding Canyon Citizen Award.  
It could be you!!

## " Different Strokes" SUPPORT GROUP

By Evelyn Tan

You are invited to attend Glendale Adventist Medical Center, Neuroscience Department upcoming topics and schedule of the "Different Strokes" Stroke Support Group and their caregivers. We meet every second Wednesday of every month starting in February at 12:00 PM to 2:00 PM at the Education Conference Room.

We give information, and share ideas to support one another to have hope in overcoming the challenges we face everyday. Almost everybody now is talking about living a healthy lifestyle. Health in mind, body and spirit is what we are aiming for so we can help others in the community to do the same.

Below is a list of our upcoming topics and schedule:

**Feb. 11th** - Heart to Heart

John Deyell, RN, Cardiovascular Disease

**March 8th** - Glendale Dash 5k Run/Walk  
Brand Blvd., 7:30 am to 10:00 am

**April 8th** - The Art of Scrapbooking  
Sheryl Hanna

**May 13th** - The Life We Live: A Caregivers Perspective. Carol Peterson and Bill Ramirez, Caregivers.

**June 10th** - Paralyzed But Not Powerless  
Kate Adamson, Author, Stroke Survivor.

**July 8th** - Making Sense of Insurance: Private vs. Medicare. Debi Bizego, Director GAMC Patient Financial Services

**August 12th** - After Stroke: Managing Your Health. Dr. Lance Lee, Neurologist.

**Sept. 9th** - Caregiver Burnout.  
Lori Brummels, LCSW, Community Liaison, Centre for Neuro Skills.

**Oct. 14th** - Independent Living: Home Care vs. Assisted Living. Ronna Harris, LCSW, GAMC Sr. Clinical Social Worker.

**Nov. 11th** - TBD

**Dec. 9th** - Renewing your Mind Body & Spirit. Elisa Molina, GAMC Chaplain